

# Voices of save.

**Our mission** is to educate about suicide prevention and to speak for suicide survivors.

**Suicide Awareness Voices of Education™**

Summer 2003

## SAVE to Launch Updated Web Site in Fall

Make way for SAVE's updated Web site, which is expected to debut early this fall. The newly designed site will be easier to navigate, visually striking, contemporary and consumer friendly.

"Our new Web site, which contains much of the previous material as well as new data, will allow people to access the information they want in a more logical manner," says



*New SAVE Web Site Home Page*  
SAVE board member Dick Maguire, who serves as the Web site project leader. Beginning in July, the site will be

launched on a test basis for review by board members, staff and interested volunteers. "This will enable us to analyze the new site in the 'real world' without taking down our present site," Maguire explains. "Changes reflecting feedback will be made, and the new site will replace the present site nationally in September."

SAVE's board of directors decided in 2002 that the Web site needed updating to tie in more closely with the organization's new consumer communications program. Bids were issued to several agencies. Ultimately, Meirovitz & Co. of Minneapolis was selected. That firm, now known as Mco, has been

Cont. on Page 2

## SAVE to Receive 2003 Agency of Distinction Award

SAVE has been selected to receive the KARE11 award for the 2003 Agency of Distinction. The award from the Minneapolis-St. Paul television channel recognizes SAVE's community-service efforts.

A live telecast of the awards ceremony, preceded by a formal dinner, will be held the evening of Sept. 3. In addition to highlighting SAVE's dedication to suicide awareness and prevention, the event will also recognize 11 outstanding volunteers for their individual contributions in serving the community. KARE11 news celebrities Paul Magers and Diana Pierce will serve as master and mistress of ceremonies for the live telecast, and the channel's meteorologists, Belinda Jensen and Ken Barlow, will make special pre-show appearances.

Event chair and former Miss USA, Barbara Burwell, says she believes SAVE is deserving of this award for its solid commitment to spreading the message of suicide prevention. She allows that there are ways of helping and that no one needs to suffer. Depression is such a silent killer, affecting people of all ages in all communities, and SAVE is reaching out to these people, says Burwell, "and they're here for you."

Proceeds from the event will benefit SAVE. If you or your organization would like to help support SAVE and be part of this uplifting evening, tables for 10 may be sponsored for \$1,111, with recognition in the evening's program if purchased by July 27. Individual tickets also can be purchased for \$111. You can expect heartfelt stories of how volunteering changes lives for the better, one hour, one need, one person at a time. For more information, please contact SAVE's program director, Patty Johnson, at 952.946.7998 ext. 15.



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Updated Website Debuts in Fall from page 1

working with Maguire as well as other SAVE representatives, including Tom Arsenault, webmaster and board member; Patty Johnson, program director; Keely Herron, Communications Committee; and Stan Feldman, volunteer and past board member.

"Creation of a new Web site is a complicated, sometimes frustrating enterprise," Maguire observes. "There are many cross references and repeat areas. Also, the site is never fully completed because figures need updating, new information appears, and events that need publicity are scheduled."

SAVE, a pioneer in the nonprofit organization's use of the Internet, launched its Web site in May 1995. Webmaster Arsenault, with a background as a computer software development manager, recognized the reach and efficiency of the Internet and locked down SAVE as a domain name. The e-mail address became www.save.org. The new site will retain the same address.

SAVE has established a large library of facts, stories and book lists about suicide--without use of technical or abstract research material. "Our goal is help people understand the factors underlying suicide -- frequently depression -- and help them recognize the warning signs of depression and

suicidal behavior," Maguire says. "We want to encourage depressed persons to get help for themselves. We want those who know depressed individuals to intercede by helping them get medical help. Education makes such intervention not only possible but necessary."

The site, which provides an around-the-clock resource about suicide and depression, also furnishes reprintable material and advertising sheets at no cost.

That, of course, takes money, so in 2002 SAVE added a "donate/support" mechanism to the Web site.

SAVE has received e-mails from people who "tuned in" and found relief. "Our Web site is not a crisis center, but its calm, fact-filled approach strikes just the right chord for many readers," Maguire maintains.

Last fall the site received the following message: "I wanted to let you know that your organization's Web site very likely stopped me from committing suicide yesterday. You helped me recognize that I had a problem that affected the way I perceived my world and helped me explain my problems to my wife, children, and to a doctor. Instead of dying alone, I have people who I know now love me, with me to help me change."

Other persons have sent pages from the Web site to friends or family, sometimes even anonymously, to enable them to examine how they are living and to convince them to get medical help.

Maguire says he recently accessed several Internet search engines seeking information on suicide. SAVE's site was the first listing on Google, Yahoo and CNET Search.



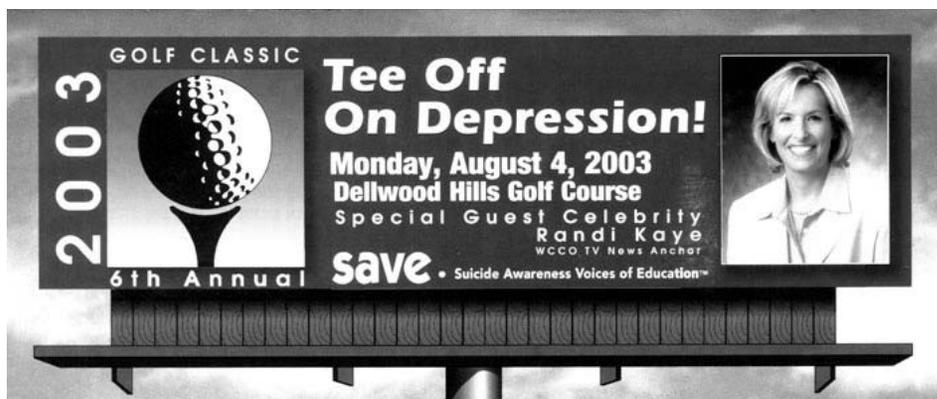
SAVE Webmaster, Tom Arsenault

"We are excited about the new design of our site and hope that it will help SAVE make even more of a difference about suicide education and prevention," he notes. "And we want to extend an enormous thank you to our webmaster, Tom Arsenault, for his countless hours, weeks and years of time and talent."

## Tee Off on Depression

Who wouldn't want to play Dellwood Hills and support a good cause?

There's still time to be part of the SAVE golf tournament on Monday, Aug. 4, at Dellwood Hills. If you are not a golfer, consider joining us at 6 p.m. for a fabulous dinner, silent auction and remarks from Randi Kaye, WCCO news anchor. The chef at Dellwood prepares a wonderful meal. For more information, please call Patty Johnson at 952.946.7998 ext 15.



SAVE is a grassroots national non-profit organization that was started in Minneapolis, MN in 1989 by suicide survivors. Goals are realized largely through volunteer efforts.

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A sincere thank you to everyone who contributed to the Summer 2003 SAVE newsletter!

Miriam Olson, President  
 Launie Cousins, Vice President  
 Herb Rorke, Vice President  
 Monica Robb, Secretary

### Board of Directors

Ramona Advani	Rich Runbeck	Mary Kluesner
Tom Arsenault	Sue Fiedler	Dick Maguire
Warren Becker	Dave Franzen	Jill Marks
Jane Metcalfe	Randi Kaye	John Ryan
		Trish Stevens

Contributing Writers: Shanan Brannan      Patty Johnson      Dick Maguire  
 Terri DesLaurier      Carolyn Lancaster      John Ryan

# SAVE Suicide Memorial Event Slated For Nov. 22

By Terri DesLaurier

The 13th annual Suicide Awareness Memorial will be held Saturday, Nov. 22, at the Earle Brown Continuing Education Center on the St. Paul campus of the University of Minnesota.

The event coincides with the Fifth Annual National Survivors of Suicide Day and features participation with three-dozen cities nationwide in a live satellite broadcast coordinated by the American Foundation for Suicide Prevention (AFSP). The broadcast will also be made available for viewing on the AFSP Web site.

Two well-known doctors will appear on the panel downlink. One is J. Raymond DePaulo, Jr., M.D., director of the department of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine, and psychiatrist-in-chief of the Johns Hopkins Hospital in Baltimore, Md. The author of "Understanding Depression: What We Know and

What You Can Do About It," DePaulo is a founding director of the Depression and Related Affective Disorders Association (DRADA).

The other doctor is John T. Maltzberger, M.D., a psychiatrist at McLean Hospital in Massachusetts and associate clinical professor of psychiatry at Harvard Medical School. He is president of AFSP-New England and secretary of the National AFSP, and a member of the American Foundation for Suicide Prevention Board of Directors. Maltzberger is the author and editor of numerous books and articles about suicide and suicide risk.

As always, the event will focus on helping survivors express and understand the powerful and troubling emotions they experience and connect with others who have survived the loss of someone to suicide, as well as providing an opportunity for memorializing lost loved ones. The program starts at 8:30 a.m. Introductions, personal stories and a musical performance will precede the downlink with AFSP, which is at 11 a.m.

Please watch your mail for an invitation to this event or visit [www.SAVE.org](http://www.SAVE.org) for more details. For more information about the AFSP live broadcast, please visit [www.afsp.org](http://www.afsp.org).

# Second Annual SAVE Ride Set For September 20

By Carolyn Lancaster

Imagine pedaling down a beautifully tree-lined trail and looking for signs of autumn in the leaves. Watch birds and other wildlife in their natural habitat as you wind along the Cannon River. Help bring public awareness and funds to support SAVE educational programs by joining us for our Second Annual SAVE Ride on Saturday, Sept. 20, 2003, in Cannon Falls, Minn.

Registration for the event begins at 8 a.m. at the Cannon Valley Trail, with the ride commencing at 9 a.m. This year's bike route will be identical to last year's, beginning at Eastside Park off Hwy. 19. A 20-mile ride will loop at Welch, a designated rest stop, and a 40-mile ride will circle back at Red Wing.

The 2003 Ride Committee is shooting for \$6,000 more than the \$11,000 raised at last year's ride and hoping to attract 300 event entrants this year, approximately 200 over last year's mark. Volunteers are needed to help during the event with set-up and clean-up or in various support roles throughout the day. Additional volunteers are needed to distribute event flyers in the weeks before the ride. The committee also needs one or two bike enthusiasts who would be willing to help riders with mechanical problems on the day of the ride.

Riders and SAVE supporters will have the opportunity to purchase "Memorial Miles," symbols to honor loved ones lost to suicide. These memorial signs will be displayed along the trail during the ride.

Viewing the signs as he entered the trail and seeing his son's name as a memorial was the highlight of the ride for last year participant John Alt.

"It felt so good going down that beautiful trail, seeing those signs and

knowing that my son, Nathan, had been remembered at a time like that," Alt recalls. It was very important and meaningful to him that "he (Nathan) was remembered by his father and by others." Parents of his son's friends also purchased Memorial signs in Nathan's memory.

Bring the whole family and make a difference by pedaling for prevention on this beautifully paved trail, named as one of the top bike trails in the nation. Registration materials have been mailed out, but walk-up registration will be accepted the day of the ride. Memorial signs are available for purchase through the SAVE office at \$50 dollars each. If you are interested in volunteering for the event or have questions, call Denise Dumas, SAVE's manager of community education and volunteer programs, at 952.946.7998, ext. 19. Watch your mail for invitations or visit the SAVE Web site at [save.org](http://save.org).

## Voices of Contribution

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John Alt  
Michele Arouni  
C.M. Arsenault  
Jim Barosko  
Carole McNeill Bell  
Janet Bendickson  
Eleanor Bennett  
Don & Jan Bergerson  
Edgar Bergman  
Bruce & Judy Betker  
Paul & Mayva Boranian  
Robert & Lois Brown  
Ralph & Sue Bruins  
Rhona Brysky  
Sue Buerk  
Burdick Family Charitable  
Foundation  
Joann Buysse  
James & Mary Campbell  
Catholic Community Foundation  
Cathy Chandler  
Edwin Chapman  
Church of St. John Neumann  
Susan Cochran  
Cogic Emmanuel Temple  
Community Solutions Fund  
Gwendolyn Dahlquist  
Jane Deckenbach  
Mary Di Cori  
Mary Kay Dzik  
Vivian & Ted Epstein  
Warren & Linda Erdman  
Kathleen Falensky  
Peggy & William Farmer  
William Fiedler  
Miriam Fors  
Sherri Frances  
Terry Frazier  
Diane & Joseph Friebe  
Elizabeth Garrity  
Paul Gasperlin  
Russell & Patricia Gilmer  
GlaxoSmithKline  
Margaret Gorbatenko  
Greater Twin Cities United Way  
Randy Haukom  
Healthfund of Minnesota  
Peter & Joyce Heinrich  
Greg Hitchcock  
Deborah Ingle  
Iowa United Methodist Foundation  
Ann Isaacson  
Sara Jaehne  
Tracy Johnson  
M. Joellen Johnson  
Janine Johnson  
Richard & Ruth Johnson  
Eugene & Mary Jones  
Sharon Jones  
Michael Joyce  
Janet Julien  
Shirley Kalmbach  
Pat Kehr  
Eileen Kelly  
Kevin & Amy Kluesner  
Mary Koenig

## Volunteer Voices

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### Launie Cousins Instills Passion Into SAVE Volunteering Efforts

By John Ryan

Call her passionate, proficient, practical and persevering, Launie Cousins is the kind of volunteer every organization relishes. Now in her second term as a SAVE board member, she continues to serve in various capacities—always with gusto.

"Launie is the kind of person who sees a need and is willing to step in and take charge," friend and fellow volunteer Sue Fiedler says of Cousins. "She doesn't hesitate to chair a committee, which is unique, because very few are like that."

Indeed, Cousins, who formerly chaired SAVE's Board Development Committee, recently took the helm of the Resource Development Committee, which is charged with raising money to support operations and programs.

"I'm excited about the participation level we have on this committee," she says, adding that the group recently voted to hire a professional fundraiser. SAVE's funds, she explains, come from special events, major gifts from individuals and corporations, deferred giving and the annual giving campaign.

Cousins also is a staunch supporter of SAVE's Venture 300 Campaign aimed at finding 300 individuals willing to donate \$1,000 for three consecutive years.

"Working with SAVE keeps me intellectually stimulated and up-to-date regarding materials about depression," Cousins allows.

Depression issues concern her. Her activism with SAVE and other organizations began as a response to her personal experience with depression. Back in 1986, her objective was to help herself. She realized she should not keep going off her medication and sought medical assistance. She also understood that her family history showed a pattern of depression.

Mental illness has affected her life in different ways. Anger is the word she uses to describe her emotions in the fall of 1997 after a series of five powerful events in just 11 months.

- Dan, a highly respected former headmaster at Blake School took his own life.
- Bob, a prominent executive and father of a Blake student, died by suicide.
- A close friend of her daughter, Trisha,

attempted suicide

- Her cousin Mark, age 42, took his life.
- Sue Fiedler's son, Nick, who played baseball with her boys, died by suicide at age 24.

The first suicide occurred in May 1996, followed by the second death one month later.

Cousins' grief, while devastating, eventually turned to an overwhelming sense of calm. She became determined to channel her anger in a positive direction – toward prevention.

A volunteer at Blake School for 15 years, she had helped create the Student Assistance Program, a collaborative effort by parents and teachers that addresses depression issues for



Launie Cousins

at-risk students. Convinced that all students needed to understand the connection between depression and suicide, Cousins proposed a one-hour presentation that would emphasize that connection and carry her main message—depression is a treatable medical illness. Encouraged by the impact of the program, she continued speaking to select audiences using her strengths as an educator and motivator.

Initially, she volunteered primarily with the Depression, Awareness, Recognition and Treatment Program sponsored by the Mental Health Association of Minnesota. From 1993-1997, she served as internship director for Personal Community Resources, an organization that trained volunteers.

In 1998 Fiedler recruited her to join SAVE's speakers' bureau. "She rarely said no to me," Fiedler says, noting that Cousins was a mainstay of the bureau. She continues to take on speaking engagements. A former high school science teacher, she says she enjoys returning to school environments.

Cousins and her husband, Bill, are the parents of three adult children and grandparents to Will. In her spare time she enjoys gardening, tennis, golf and skiing.

# Depression and Obsessive-Compulsive Disorder Do Mix

By Georgia Ewing

It's no secret that depression does a duet with other disorders. Folks who battle mental or physical disorders often lug the extra baggage of clinical depression.

That's what happens to lots of individuals burdened with obsessive-compulsive disorder (OCD), an anxiety disorder characterized by obsessions, which are unwanted thoughts, and compulsions, which are acts performed repeatedly in response to obsessions.

"There seems to be a link between OCD and depression," acknowledges Jonathan Abramowitz, Ph.D., director of the OCD/anxiety disorders program at the Mayo Clinic in Rochester, Minn. "Many people with OCD also have depression, and the depression is often, but not always, secondary to OCD. That is, people are depressed over having OCD and having to deal with the impairment in functioning it creates."

Indeed, OCD makes life tough for the one in 40 adults and untold number of kids in the United States who live with it. This disorder, sometimes called "the doubting disease" because of intolerable uncertainty, causes big-time distress.

"Obsessions are unwanted ideas, images or thoughts that evoke terrible anxiety or discomfort," says Abramowitz, whose department currently is conducting a treatment study for adults with OCD and depression. Obsessions may include contamination fears, unwanted thoughts of harming people by accident or mistake, and a need to have things "just so."

Abramowitz points out that persons with obsessions recognize that their thoughts are senseless and try to resist them—through compulsions.

"Compulsions are exaggerated behavioral or mental responses to obsessional anxiety that are designed to neutralize the obsession or reduce the probability of feared catastrophes," he explains.

For example, someone whose obsession is fear of germs might wash his/her hands excessively, to the point where the hands become raw and inflamed. Other common compulsions include checking, counting, arranging and



*Jonathan Abramowitz,  
Ph.D. of the Mayo Clinic, Rochester, MN*

hoarding. Undisputedly, these behaviors eat up lots of time and cause undue stress. Many folks with OCD are secretive about their symptoms or lack knowledge about the disorder. To make it worse, not all health-care providers are familiar with OCD symptoms and aren't trained to provide the right treatments.

The good news is that OCD is highly treatable if persons come out of their closets and seek help. Newer medications and improved cognitive-behavior psychotherapy have come to the rescue. "On the average, research suggests that cognitive-behavioral treatment for OCD results in about 60 to 70-percent symptom reduction," Abramowitz says, noting that medication produces a 20 to 40-percent curtailment.

"These two treatments assume very different things about OCD," he observes. "Medications assume OCD is a brain disease, and they are thought to work by manipulating serotonin, a neurotransmitter found all over the body's nervous system. Cognitive-behavioral therapy comes from the view that OCD is a set of habits involving anxiety and maladaptive responses to anxiety that can be weakened by learning certain skills to reduce anxiety evoked from obsessional thoughts and reduce the urges to perform compulsive rituals."

It's one thing to treat OCD but quite another to deal with depression at the same time. Abramowitz allows that depression symptoms are the same ones experienced by folks without OCD—feeling blue for more than two weeks, decreased interest in activities, a sense of hopelessness and helplessness, pessimism, increased crying and fatigue, and thoughts of death.

A therapist treating an OCD patient detects depression, and mostly likely the patient himself/herself can recognize it too. "Research indi-

cates that anywhere from 25 percent to 50 percent of OCD patients may have depression, depending on how depression is identified and defined," Abramowitz says.

He admits that any increased suicide risk in OCD probably is related to depression. "We don't see a terribly high rate of suicide in OCD," he maintains.

Usually treatment of OCD also reduces depression. "However, in severe cases, the depression will interfere with the treatment of OCD, which is why we're doing this study to help these folks," Abramowitz says.

The study his department is performing examines the effectiveness of two approaches in treating OCD patients who have depression. "We're developing and testing a treatment protocol that addresses both disorders simultaneously," he says. "We're combining behavior therapy for OCD with cognitive therapy for depression. Instead of using one treatment for depression and then another for their OCD, we're treating both at the same time and killing two birds with one stone."

Patients attend twice weekly sessions for eight weeks and receive follow-up assessments. Abramowitz expects that results will be available by the end of the year. Tune in for an update.

### Symptoms of Clinical Depression

- Persistent sad or "empty" mood.
- Feelings of hopelessness, helplessness, guilt, pessimism or worthlessness.
- Substance abuse.
- Fatigue or loss of interest in ordinary activities, including sex.
- Disturbances in eating and sleeping patterns.
- Irritability, increased crying, anxiety and panic attacks.
- Difficulty concentrating, remembering or making decisions.
- Thoughts of suicide, suicide plans or attempts.
- Persistent physical symptoms or pains that do not respond to treatment.

## Voices of Contribution

Gloria & H. A. Kubak  
 Margaret Kubak  
 Susan Landwehr  
 James Leonard  
 Sherri Leverty  
 Los Angeles Times  
 Meg Maenhout  
 Julie Mandery  
 Linda Manteuffel  
 Gayle Marcy  
 Jill Ann Marks  
 David & Jane Melroe  
 Bob Meuers  
 Mary Grace Miller  
 Richard & Karen Mlinarcik  
 Virginia Munro  
 Lisa Nanfra  
 Greg & Monica Natzel  
 Heather Nelson  
 North Memorial Health Care  
 Lynn & Todd Osborn  
 Tom & Val Plihal  
 Theodore & Kathryn Plunkett  
 Prudential Foundation Matching Gifts  
 Bernadette Reeder  
 Brenda Reeves  
 Wendy Reich  
 Suzanne & John Renwick  
 Rita Rocheford  
 Roger Ross  
 Judy Rothen  
 Margaret Runnakko  
 Harriet Sarkaria  
 Mary Savage  
 Kurt Schmid  
 Sally Schmid  
 James & Teresa Schmidt  
 Shamrock Foundation  
 Robert & Marlys Sheppard  
 Mary Sjerven  
 St. Cloud Technical High School  
 Suzanne Stelte-Martindale  
 Hercules Stukas  
 John & Monica Sullivan  
 Swanson & Youngdale, Inc.  
 Burdick Family Charitable Foundation  
 Kenneth Thomas  
 TOSA Foundation  
 LeRoy Trandem  
 Dorothy & Joe Trepanier  
 Larry & Gail Turner  
 United Way of the Bay Area  
 US Bancorp Foundation  
 Vascular Solutions  
 Melanie Wallentine  
 Christine Welfand  
 Antoinette Wetzel  
 Mary Wieber  
 Suzann Wimmer  
 Linda Wren  
 Mike Wyman  
 Scott Zane

We try very hard to have names spelled correctly.  
 If we have made an error, please let us know.

## Support SAVE

# Sara Jaehne Joins SAVE as Fund Development Director

Sara Jaehne has signed on with SAVE as director of fund development, a new post in the organization. Her responsibilities will include major gift fundraising. In that capacity she'll work with individuals as well as private and corporate foundations.

Formerly director of endowment and major gifts for the YMCA of Greater St. Paul in St. Paul, Minn., Jaehne has a wide range of experience in project management, marketing and implementing major gifts, planned giving, grants and annual fund programs.

Previous positions include director of development for the Minnesota Senior Federation, metropolitan region, St. Paul. She holds a bachelor's degree from the University of Minnesota and a master's degree from St. Mary's University, Minnesota.

Jaehne says her immediate goal is "to take SAVE to the next level in raising funds." In addition to raising more money from individual donors, she'd like to expand the honors and memorial gifts to include named funds that could be designated to particular projects or programs in

honor or in memorial of a loved one.

"This opens the opportunity or option of continually adding to the fund by family and friends for years to come," she maintains. She hopes to market the bequest concept and expand the donor base nationally among individuals and corporations.



*Sara Jaehne, Fund Development Director*

"For me personally," Jaehne says, "all fund development accomplishments at SAVE would be a legacy I would like to leave honoring the memory of my son, Andrew Scott Jaehne." Her son died of suicide in 1987. She has two daughters, Alyssa and Suzanne. In her spare time she enjoys walking, traveling and reading.

## Here's How To Donate From Your Workplace

If your company offers a workplace giving campaign, there are two different ways to designate SAVE as your charity of choice.

You can donate to Community Health Charities of Minnesota--SAVE is a member of CHC. If offered at your workplace, CHC lets you designate your contribution to any participating health agency. If you are interested in getting your employer to participate in CHC, call us at 952.946.7998 to find out how.

You can also designate your United Way gift to SAVE even though our agency is not a participating member. Fill in the Agency of Choice section on the solicitation card and SAVE will receive your gift.

Thanks for remembering SAVE during your company's campaign.

## Upcoming Events

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\*Aug. 4  
SAVE Golf Classic  
Dellwood Hills Golf Course  
Dellwood, Minn.  
952.946.7998 ext 15

Aug. 15-17  
Depression and Bipolar Support Alliance  
16th Annual Conference  
Long Beach, Calif.  
DBSAlliance.org

\*Sept. 3  
KARE 11 Eleven Who Care  
Agency of Distinction Award – SAVE  
Minneapolis Hilton  
952.946.7998 ext 15

\*Sept. 20  
SAVE Bike Ride  
Cannon Falls to Red Wing, MN  
952.946.7998

\*Oct. 3 & 4  
Survivor Support Group  
Facilitator Training  
American Foundation for Suicide Prevention  
Minneapolis  
www.afsp.org

\*Nov. 22  
SAVE Suicide Awareness Memorial  
Fifth Annual Suicide Survivor Day  
Earl Brown Heritage Center, St. Paul campus  
952.946.7998 ext 19

\*Denotes Minnesota event

## Voices of Education

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### CNN Larry King Depression: It Can Strike Anyone At Anytime

By Patty Johnson

On May 28 Larry King did a fantastic show on depression and suicide. It was an intense hour on an intense subject handled by those who know how deadly it can be. Featured were former first lady and mental health advocate Rosalyn Carter and actress Mariel Hemingway, who lost her grandfather, Ernest, and sister, Margo, to suicide. Mariette Hartley told

about her father, who took his life and her mom, who attempted, and how she battles her own manic depression. Dr. Kay Jamison shared insights of her bipolar illness and answered many callers' questions. Former CNN CEO Tom Johnson discussed the battle he's had with depression since the late 80s. Until recently he's kept it secret. Together these folks are hoping to end the stigma of this illness. This was an hour that will save lives.

If you would like to order a video of this program, call 800-CNN-NEWS and ask for the May 28, 2003, show. The cost for the video is \$29.95 plus shipping.

### Cost of Depression Goes Up

How many times have you read the following statement? "The economic burden of depression in the US was estimated at \$43.7 billion in 1990." It's time to change that number. In a poster presented at the American Psychiatric Association meeting, the Analysis Group/Economics of Boston, Harvard, the Institute of Social Research at the University of Michigan and Eli Lilly --essentially the same group responsible for the 1990 figure--now peg the cost at \$83.1 billion in 2000. Of the total, 31 percent were direct medical costs, seven percent mortality costs, and 62 percent morbidity (workplace costs).

Source: McMan's Depression and Bi Polar Weekly

### Warning Signs of Suicide

- Talking about suicide.
- Previous suicide attempts.
- Statements about hopelessness, helplessness or worthlessness.
- Preoccupation with death.
- Suddenly happier, calmer.
- Loss of interest in things one cares about.
- Unusual visiting or calling people one cares about.
- Making arrangements; setting one's affairs in order.
- Giving things away.
- Acquiring guns or stockpiling pills.

A suicidal person urgently needs to see a doctor or psychiatrist. In crisis, call National Hopeline Network 1-800-SUICIDE (784-2433).

# SAVE Publications and Educational Materials Order Form

## Suicide: Survivors

### A Guide for Those Left Behind

by Adina Wroblewski

*Suicide: Survivors* is a personal message to suicide survivors from Adina Wroblewski, a founding member of SAVE. Wroblewski recounts the suicide death of her daughter and the emotions in the days, weeks, and months that followed. The book explores the pains of grief, anger, blame and guilt, and touches upon the change in relationships both within and outside a family.

**\$15.95 each**

## Suicide: Why?

### 85 Questions & Answers About Suicide

by Adina Wroblewski

In *Suicide: Why?* Adina Wroblewski presents facts on the link between depression and suicide. The book uses a straight-forward question and answer approach to separate fact from fiction in regard to suicide and its causes.

**\$12.95 each**

#### EDUCATIONAL MATERIALS

- Community Action Kit
- Depression: Information Everyone Can Use Folders (Pk 10)  
Booklet only (min 10)
- What to Do-Guide for Young People (Pk 20)  
Booklet only (min 10)
- Suicide: Coping with the Loss of a Friend or Loved One (Pk 10)  
Booklet only (min 10)
- SAVE Corporate Brochure (Pk 25)
- General Poster (min 5)
- Teen Poster (min 5)
- Adult Wallet Card (Pk 100)
- Youth Wallet Card (Pk 100)

#### BOOKS

- Suicide: Survivors
- Suicide: Why?

#### PUBLIC SERVICE ANNOUNCEMENTS

- Radio
- Print
- Billboards - 30 Sheet Posters
- Billboards - 14'x48' Bulletins

Qty.	Price	Total
	\$125.00	
	\$20.00	
	\$1.50 each	
	\$20.00	
	\$.60 each	
	\$20.00	
	\$1.50 each	
	\$5.00	
	\$1.00 each	
	\$1.00 each	
	\$10.00	
	\$10.00	
	\$15.95	
	\$12.95	
	\$3.00 <sup>CD</sup>	
	\$2.00	
	\$38.00 each	
	\$1,050.00 each	

Subtotal \_\_\_\_\_  
 MN residents add 6.5% tax \_\_\_\_\_  
 If exempt, include Tax Exempt ID# \_\_\_\_\_  
 Shipping Costs: \$3.00 for 1-4 units; \$6.00 for 5+ units; \$4.95 per Kit  
 Please include my tax deductible contribution to SAVE \_\_\_\_\_  
**TOTAL \$** \_\_\_\_\_

#### Method of payment:

Check or money order enclosed  Please bill my credit card:

Card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  VISA  MasterCard

Exp. date: \_\_\_\_\_ Signature: \_\_\_\_\_

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#### Return this form to:

SAVE • Suicide Awareness Voices of Education™ 7317 Cahill Road, Suite 207, Minneapolis, MN 55439-2080  
 Tel 952.946.7998 or 1.888.511.SAVE • Fax 952.829.0841 • Order on-line at [www.save.org](http://www.save.org)

## SAVE Depends On Supporters Like YOU.

SAVE is receiving contributions from people just like you who understand the need for ongoing education around the important topics of depression and suicide prevention. Won't you help?

Please give SAVE a call at 952.946.7998 x11 or via e-mail @ [www.save.org](http://www.save.org) if your address has changed. Thank you.

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